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43 Years of Running
www.jtcrunning.com

THE
**STARTING
LINE**
NEWSLETTER



**TIJUANA FLATS
SUMMER BEACH RUN**
AUGUST 17TH, 2019

LETTER FROM THE EDITOR - BOB FERNEE

// SUMMERTIME AND THE LIVIN' IS EASY, FISH ARE JUMPIN' AND THE COTTON IS HIGH." NO, NOT REALLY. ESPECIALLY AROUND HERE. SUMMERTIME AND THE RUNNIN' AIN'T EASY. WE ALWAYS USED TO SAY, "RUN A 6-MILER IN THIS HEAT, CONSIDER IT A 10."

Well, let's move on to cooler things. As a club we have three recent things that we can boast about. Our annual track meet series; organized and executed by club member and Ponte Vedra High School Athletic Director, Eric Frank, was a resounding success. We have been doing track meets ever since this club began back in 1975. Furthermore, our meets are not just for club members, but they are for everyone, young and old, and they are free of charge. Yes, free; and how often do you hear that word these days. For 32 years our track meets were expertly organized by the one-and-only Lamar Strother, a founding father of this club. More about Lamar in just a minute.

In June, we held our annual Awards Presentation and Banquet. It took place at Maggiano's Italian Grill, where the eatin' is easy. More than 100 people showed up to not only eat fine food but to do justice to those who make local running great. Runners, coaches, and behind-the-scenes people, as well as the real heroes, the volunteers. All had the chance to take a bow and take a well-deserved award home.

None was more well-deserved than our own Lamar Strother who received a lifetime achievement award. If there was ever a man who had that coming to him it was Lamar. Really, how can words describe 44 years of continuous, dedicated service? Not merely service but unpaid, volunteer service. Since day one back in 1975 Lamar has been with us. We will never see his kind again. Thanks Lamar, we will never be able to truly pay you back. Our debt to you is too big, too much.

The third wonderful thing that JTC Running has done lately is to send more than 70 local kids to summer running camp. Most of those kids would be unable to enjoy the thrill and camaraderie of a running camp without the generosity of JTC Running. Yes, we covered the costs. I believe that the camp in Brevard, North Carolina is still the destination, deep in the Smokey Mountains. I hate to boast (do I? No, I don't, this needs to be said), this is one of the greatest things that our club does all year long, and we do it year after year.

Of course, we are not stopping there. In fact, this club never stops. One more great moment before this summer comes to a merciful end. Yes, I am referring to our oldest

race – the oldest race in all of Florida – the Summer Beach Run.

This historic 5-mile beach run began as a cross-country season tune-up for high school and college harriers. Much has been made of the 50th anniversary of the first men to land on the moon in 1969. Well, we've got that beat by four years. Three local high school coaches, Larry Monts, Ron Poppell and Chuck McPhilomy created the event. You could drive on the beaches back then and vehicles transported runners (not many, maybe 50, and they were all males) north from Jacksonville Beach to Seminole Beach for the straight shot south in the sizzling mid-afternoon summer heat. Five grueling, torturous miles. "One small step for runners, one giant mistake for some of them." Okay, that was a stretch. I apologize. Not even President "Tricky Dicky" would come out with that.

"We called them 'flopers'," said one of the Jax Beach Lifeguards who stood at the finish line in case emergency help was needed. The race had grown substantially and some of new runners caught up in the running boom of the 1970s were in over their heads. Some collapsed at the end of the race, "flopping" over. Something had to be done and so the race's start time was moved to the relative cool of the evening. Later, something even more unprecedented happened: The straight 5-mile run from north to south was changed into an out-and-back course from and to the Jacksonville Beach Lifeguard Tower. Now the course could go either 2.5-miles south then 2.5-miles north or the other way around. Runners would only have to deal with a headwind for half the race, and they could see their competition at the turnaround point. It seemed almost too easy (but it wasn't).

It has been that way ever since. New beach runners have been brought into the fold via a 1-Mile Fun Run. All participants can now enjoy a fabulous post-race party with live music and food and drink included in their entry fees. Our official race sponsor, Tijuana Flats Tex-Mex Restaurants, lays it on thick and serves it up fast.

Don't miss 44 years of beach racing history. JTC Running's Tijuana Flats Summer Beach Run takes place on Saturday, August 17 at 6 PM. The 1-Mile Fun Run starts at 6:05 PM.

To get you really in the mood, there is a Tijuana Flats SBR free kick off run and party on Monday, August 5. This gala will take place at the Tijuana Flats restaurant in the Lakewood Shopping Center, corner of University Blvd. West and San Jose Blvd. The fun begins at 6 PM. You can enter the race at the party, on race day, or at JTCRunning.com

The Starting Line

PRESIDENT'S LETTER - LARRY ROBERTS

I have some very good news to report!

Very positive changes are in process for the City of Jacksonville's Mobility Strategy Plan. The City collects impact fees from developers to fund roadway improvements necessary to support the added volume generated by new development. The Mobility Strategy Plan sets priorities on how the money is spent on projects to improve mobility of not just vehicles, but also for walkers, runners, and cyclists. The proposed changes to the Plan will directly benefit pedestrians, runners, and cyclists by prioritizing hundreds of pedestrian and bicycle facility projects designed to provide better access and safety. Also, an improved funding mechanism will move these projects towards reality. We are working hard to ensure that the revised Plan is approved by City Council. As of this writing, the MSP will be considered by the City Council Land Use and Zoning committee at 5 pm August 6 and by the full City Council at 5 pm on August 13. Both meetings are in the City Council Chambers on the ground floor of City Hall. I urge you to attend and speak in support of the Plan.

The 2019 JTC Running Track Series has now come to a close. We had six meets, one in January at Bartram High School, and five at The Bolles School from May through July. Attendance was pretty good, especially among the youth track teams, but we could and should have had more participation from teenagers and adults. Those who did come out had a great time and thanked JTC Running for putting on such quality meets for free.

It's August, and that means the Tijuana Flats Summer Beach Run! This year it is on Saturday, August 17, at 6:00 pm at the Jacksonville Beach

Seawalk Pavilion. JTC Running members receive a \$2 discount if they sign up online before race day. It will be low tide at the beach—perfect traction. Afterwards, yummy tacos from our title sponsor, plus beverages of your choice. If you can't wait until August 17 to get started, join us for a fun run, race registration, and a social at the kickoff at the Tijuana Flats Lakewood restaurant on Monday, August 5 at 6 pm. After the run we will enjoy discounted beer and tacos while signing up for the real deal on August 17. Remember that

proceeds from the race go to Tijuana Flats' Just in Queso Foundation, which does wonderful charitable work in the area.



But if it's August that means that Fall is around the corner and with it comes the JTC Running Fall Half-Marathon Training Class. This year it kicks off at 1st Place Sports San Marco store on Wednesday, September 4, at 6:15 pm. Coach Jennifer DeSantis and her talented staff of pace leaders have a fun

but hard working program designed to prepare participants for the Community First Thanksgiving Distance Classic on November 28. If you refer someone new to the class, you will receive a code worth \$20-off on the 2020 Gate River Run 15k Training Class. That's the Gate River Run class for just \$30! Registration for the Fall class is open now at <https://jtc.wildapricot.org/event-3472989>.

Progress continues on the Emerald Trail! An Implementation Committee will be announced soon and JTC Running will be a member. The detailed design contract for the First Mile is out for bid. I'll keep you posted!

The Starting Line
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NEW & RETURNING MEMBERS

Traci	Akers	Emily	Gideon	Terri	Rose
Judy	Andrews	Anne Marie	Giffin	Al	Saffer
Lynn	Asp	Jon	Guthrie	Tara	Showalter
Lydia	Barquilla	Kellie Jo	Howard	Robert	Smith
Viola	Barquilla	Martha	Irene	Patrick	Snyder
Kim	Barrows	Christy	Jackson	Rica	Soos
Steve	Beard	Alexander	Kean	Michael	Sperry
Bernie	Berania	Mark	Lay	Lamar	Strother
Cindy	Bohn	Jackie	Ledoux	Jeremiah	Sulewski
Matthew	Bonn	August J.	Leone	Millie	Tanner
Ginger	Brelsford	Amy	Magdalein	Herbert	Taskett
Crystal	Broxson	Sean	McCormack	Marche	Tatum
Kenny	Burns	Latasha	McDowell	Scott	Taylor
Toni	Burns	Harper	McEvoy	Tammie	Taylor
Marshall	Butler	Susan	McInnis	Doug	Tillett
Kelly	Cobb	Ronny	Medlock	Steven	Tuten
Terry	Collins	Kevin	Milton	Kathryn	Voorhees
Helen	Connolly	Colin	Moore	Fred	Wainio
Sheila	Cribb	Kathleen	Murray	Javar	Wallace-Trader
Errol	Daniels Jr	Pam	Nelson	Jilan	Walls
Kimberly	Detuccio	Sheena	Oconnors	Charles	Wilkerson
Chris	Dickerson	Cynthia	Orms	Jim	Winnale
Deborah	Dunham	Stephen	Pachuta	Carmen	Zayas
Beth	Durling	Don	Packard		
Tina	Dyal	Matthew	Parks		
Beth	Fagin	David	Paulk		
Nancy	Field	Chris	Perone		
Carol	Fitzsimmons	Angela	Perrera		
Kristina	Foster	Victoria	Peterson		
Eric	Frank	Chris	Petranick		
Robert	Frary	Britton	Powell		
Claudia	French	Carmen	Preeschl		
Jim	French	Beth	Reiney		
Brian	Fullford	William	Roelke		

2019 AWARDS BANQUET

Even though our annual JTCRunning Awards Banquet was nearly two months ago, we decided that it was still important to publish a report about it in The Starting Line. The previous issue of our newsletter was published just before the banquet, so this is the soonest we could file this report.

This year was the 36th Annual Awards Banquet, and it was held on Thursday, June 13, inside Maggiano's Little Italy in the St. Johns Town Center. We advertised that the banquet would start at 6 and it was our goal to start serving dinner and start "the show" as close to six as we could. It was one of our ways to ensure that the banquet didn't go on too long and that it would be a pleasure to attend. We gave the attendees and the serving staff a few extra minutes to get settled as the room was full with about 125 attending.

JTC Running President, Larry Roberts, got the ceremony off to a great start by showing our club's new video for the first time. The team we hired to produce our video did a wonderful job and we are proud of the result. Even though we had a bit of technical difficulty with the sound, we worked around the trouble and impressed those attending with the new "biography" video of our club.

The banquet was our opportunity to highlight several of the programs and activities we do during the year. Doug Alred took the microphone to talk about our Summer Running Camp Scholarship program. This year we had more applications for scholarships than we had ever received before and we are proud that we sent 72 students to camp to help make them better runners. These are athletes who would not have had the money to attend running camp otherwise. Our friends from Rita's Italian Ice, Jack and Colleen Jones, helped Doug introduce two of the scholarship recipients who represented the entire class of 72.

We also support Marathon High every year, a wonderful high school program that enables students at school to start a training program and finish by running a half marathon. Deborah Dunham of

Marathon High received a check from Larry Roberts as our contribution, funds we generated from our International Running Day Celebration.

As the meal progressed, so did the program, moving on to the actual giving of the awards to the winners. This year we presented 23 awards – the list of the awards and the winners is here in the newsletter. As usual, we began by focusing on young people. Coach Chris Navarro of Creekside was well prepared and gave us accomplishments of the high school runners who won awards, particularly for Alex Collier of Orange Park High, who was able to attend the banquet, as was Outstanding High School Coach Award recipient, Mike Rivera of The Bolles School. Rhiannon O'Donnell then presented the JTCR Youth Runner of the Year awards to Elijah Showalter and Anaya Shrider.

Then it was time to give our running awards. All the winners are outstanding – it says so, right on the plaque they win. And all of them were deserving of their awards and the admiration of everyone attending. Sean McCormack gave a stirring and emotional acceptance speech for Comeback Runner of the Year. Jack Owens brought the crowd to their feet as the Most Improved Male Runner. Lamar Strother, likewise, was recognized by ovation by the audience for his Lifetime Service Award. And so it went, award winner after award winner, excellence personified in their achievements and contributions, standing at the lectern to be awarded by our club, JTC Running. We salute all the winners from this year's Awards Banquet.

As we were finishing up dessert, the program was also finishing up by presenting awards to the winners of the Jacksonville Grand Prix, those who were present at the banquet. At the end, we had a bunch of people in the room who had plaques to take home. We took a "team photo" of all the winners and we all departed the banquet to safely travel back to our homes until next year, when we will gather again, for the 37th Annual Awards Banquet.

2018-2019 JTC RUNNING AWARDS AND WINNERS

Outstanding Female High School Track & Field Athlete

Outstanding Female High School Cross Country Runner

Outstanding Male High School Track & Field Athlete

Outstanding Male High School Cross Country Runner

Outstanding High School Coach

Volunteer of the Year

Outstanding Open Division Runner, Female

Outstanding Masters Division Runner, Female

Outstanding Senior Division Runner, Female

Outstanding Open Division Runner, Male

Outstanding Masters Division Runner, Male

Outstanding Senior Division Runner, Male

Distinguished Merit Award

Media Person of the Year

Runner of the Year, Female

Runner of the Year, Male

Most Improved Runner of the Year, Female

Most Improved Runner of the Year, Male

Outstanding Race Volunteer

Lifetime Service Award

Youth Runner of the Year, Male

Youth Runner of the Year, Female

Comeback Runner of the Year

Makhaila Mills (Creekside High School)

Claire Openshaw (Creekside High School)

Alex Collier (Orange Park High School)

Charles Hicks (The Bolles School)

Mike Rivera (The Bolles School)

Mark Ryan

Julie Stackhouse

Michelle Krueger

Kathy Kaye

Chris McCaffrey

Gary Myers

Bruce Holmes

Donna and Tim Deegan

Mike Prangley (First Coast News)

Regina Sooeey

Bill Phillips

Kara Walsh

Jack Owens

Jim Van Cleave

Lamar Strother

Elijah Showalter

Anaya Shrider

Sean McCormack

2018-2019 JTC RUNNING AWARDS AND WINNERS



*Cheers to all our
Award Winners!*



PROTEIN: HOW MUCH IS ENOUGH?



The Recommended Dietary Allowance (RDA) for adults is set at .8g/kg protein per day. Using these guidelines, a 120lb (~54 kg) person would need about 43g protein and a 180lb (~81 kg) person would need about 65g protein per day. These guidelines are set based on what will keep the average Joe healthy and do not necessarily reflect the optimal protein needs for athletes. This is what sports nutrition is all about; finding what works for optimal performance, not just general health.

Research shows 1.4-2g/kg/day might be more beneficial for athletes. Meaning our 2 athlete examples from above might need between 75-108g/day and 113-162g/day respectively. This is a large range and gives flexibility for the athlete's individual needs based on type of athlete (Endurance? Power?) and type of training phase (Building? Racing? Off Season?). So how do you know which end of the range your needs require? There are many factors that go into prescribing an exact daily protein requirement, but generally there are some key suggestions I can give. If you're in the off season or trying gain muscle and lose weight, it might help your goals to aim for the high end. If you're in the building, mileage phase, then aim for the middle ground when it comes to protein intake. For athletes in their racing season, performance will likely be best with lower protein intakes.

The total grams/day should fit into your overall macronutrient balance. Again, depending on personal needs, that breakdown might look like 10-20% protein, 50-70% carbohydrate, and 20-30% fat.

WHAT DOES THAT MUCH PROTEIN LOOK LIKE?

If you were aiming to get 120 grams of protein today here are a few examples of how you could do that.

Panera Bread steak bagel sandwich + orange juice 38g

Protein shake + banana 30g

Apple 0g

Chipotle chicken, rice, bean, cheese burrito + salsa, lettuce, quac 56g

Total = 124g

That's a pretty typical day right? Not the best diet, but nothing too shocking, which shows how easy it is to get protein in the diet.

However, as an athlete looking to improve body composition and athletic performance, you can do better than simply eat enough protein.

Here's another example of how to get 120g of protein:

3 scrambled eggs with cheese, avocado + orange juice 26g

Grande latte + 1 oz almonds 18g

Larabar + banana 6g

Standard turkey sandwich 28g

Apple + cottage cheese 28g

Can of chicken, wild rice soup 14g

PROTEIN: HOW MUCH IS ENOUGH?

SO WHAT MAKES THE SECOND EXAMPLE BETTER?

For an athlete, protein is best consumed in smaller doses spaced throughout the day. Aim for consuming protein in ~20g doses and not to exceed 25g. Research shows that consuming protein needs in big lumps will not lead to gains as the body struggles to efficiently digest and use such a large load. Some forms of protein can be heavy and hard to digest as well. When large amounts of these proteins are consumed, it can leave you sluggish during the day and prevent quality sleep at night. Smaller amounts of protein can be better put to use by the body, meaning your muscles will benefit. Protein is also satisfying and keeps us feeling full longer. For this reason, having the macronutrient throughout the day can prevent over eating and sustain a lean body better.

PROTEIN COMES IN MANY FORMS, WHICH IS BEST?

All proteins are beneficial and useful. Look for protein sources that fit into a healthful diet (low sodium, lean, portioned, natural). Animal and plant proteins can both be quality sources, although they do have differences. Vegetarian and vegan proteins typically contain fiber and carbohydrates while animal proteins contain B12, omega fatty acids, and heme iron. I suggest getting a wide range of protein foods as limiting yourself can lead to nutritional imbalances. While it's best to consume real foods, protein powders can be an excellent choice for an athlete looking to add quick recovery or on the go protein to their diet. Look for powders that are pure and free of extras like added sugars and chemicals. Whey protein has the best ability to build muscles, but pea protein is an up and coming star due to its amino acid profile and ability to retain bone calcium levels.

CONCLUSIONS

It's best not to get hung up on protein. Most of us get plenty and do not have problems reaching the suggested daily amounts. What athletes should focus on is overall dietary balance, protein quality, distribution and timing.

If you want assistance with these things, schedule a performance consult today with meteornutrition@gmail.com

UPCOMING EVENTS

Join the JTC Running training class

TRAINING FOR A HALF-MARATHON WEDNESDAY, SEPTEMBER 4, 6:15 PM

Meet Coach Jennifer DeSantis and A Lot of New Friends

1st Place Sports store, 2018 San Marco Blvd. 32207

Join at the event or online

www.jtc.wildapricot.org/event-3472989

Don't Miss It

TIJUANA FLATS SUMMER BEACH RUN KICK OFF PARTY MONDAY, AUGUST 5, 6 PM

Lakewood Shopping Center,

5635 San Jose Blvd at University Blvd W, 32207

Discounted Food | Enter the SBR While There!

KEEPING THE BODY IN BALANCE – REVISITED



A few issues ago I wrote about the lessons I learned from the body being “out of balance.” Specifically, if you recall this was due to repetitive running where the anterior tissues, specifically the deep abdominals (psoas) can become hypercontracted

while soft tissue on the posterior, such as those in the lower back and hamstrings, will as a result be lengthened. Either way, in both circumstances the structures will be weak. This is very common amongst distance runners and can hamper performance and lead to chronic stiffness, lack of flexibility, and even injury. Interestingly, in each case of tissue being shortened or lengthened, the one thing in common is both will as a result be weaker than tissue that is supple and flexible. To affirm, soft tissue that is in a constant state of hypercontraction is not strong. In fact, blood flow and oxygen will be restricted, causing ischemia, stiffness and pain.

I would argue that almost all running injuries are due to these imbalances that exist from repetitive motion if no attention is paid to opposing exercise that would keep us in balance.

So, what’s the answer? Is there a magic solution that exists? What about cross training? Do they all have the same effect? Is one better than the other that creates a perfect ying and yang to running? In my opinion, there is one that is superior in allowing us as runners to find strength and balance as well as deliver many other benefits...and that is “yoga.”

In fact, after 37 years of running and competing, if I could go back in time and change one thing I would do differently, it is without question to integrate the practice of yoga into my training. Back in the 1980s my perception was that yoga was something women

did, and I had no idea of the benefits for running. However, when I went to my first session it woke me up. I was completely exhausted, but in a very good way. Immediately I saw the benefits, and now when anyone asks me for advice or to help coach, I demand they fold yoga into their training. The pure purpose of yoga is simple...it is centered around breathing and movement, and the benefits for runners are immeasurable. On a physical level, yoga can restore balance and symmetry to the body, making it the ideal complement for a runner. When you first look at yoga poses, it can be quite intimidating. In fact, most runners feel they are not flexible enough to even try it (including me). However, yoga is for all levels. Very few can bend like a pretzel, so don’t worry about what you can and cannot do. However, if you start and do what your body will allow, you will find rapid improvement to your flexibility and core strength, engaging tissues that you have ignored for years. Here is a summary of the benefits:

1. Flexibility – This decreases stiffness, increases tissue strength through pliability and suppleness, and results in greater ease of movement (stride length), and reduces nagging aches and pains. If you want to improve your times as a runner, you need to either turn your legs over quicker and/or increase your stride length. As we age, and believe me I know firsthand, we lose that ability mainly through a reduction in flexibility

2. Strength – Running involves only the lower body and movement in one plane – sagittal (forward & backward). Runners may have strong legs, but often when holding a standing yoga pose, they find their legs feel like jelly. The reason is a properly aligned yoga pose involves recruiting all muscles in a variety of planes. Those that are weak fatigue quickly, while those that are tight are begging for release... hence the jelly leg syndrome. By addressing all muscle groups, including the upper body, the core is strengthened. This leads to much more efficient posture and can most definitely improve one’s

KEEPING THE BODY IN BALANCE – REVISITED

running mechanics. And remember, if you are running distance the key to getting faster is to get stronger!

3. Relaxation – Yoga will help clear your mind and reduce stress while at the same time oxygenating your tissues and improving blood flow. I find my energy levels are so much higher when I am committed to the practice. Also, when you learn to breathe properly in yoga you utilize all areas of the lungs to include the middle and lower lobes. The reason is yogic breathing involves slow deep inhalations and long exhalations. In contrast to when we are running, especially at an elevated pace, our breath is shallower, and we are employing only the top of the lungs. Bottom line, it will improve your breathing efficiency as well.

4. Recovery & Injury Prevention – I find the most benefit from yoga is immediately after a run. The next morning and following day my tissues feel recovered and not nearly as stiff. Logically, when you are in better balance and your body is stronger and more flexible, the likelihood of injury is reduced dramatically.

Bottom line, as runners we experience a great deal of pounding, tightening, and shortening of soft tissues, and we need to nourish the body with restorative release to keep the body in balance.

Finally, you may ask, what's the best way to get started?

1. If you belong to a fitness club, they may offer yoga at different levels of intensity. Start slow and build up
2. You could seek out a yoga studio and engage in a schedule. I would recommend 2 sessions per week to get started.
3. You could go online and find some instructional videos that you can start with yourself in your own home. This may be a good strategy to build some confidence and see the benefits. I would recommend "Yoga by Adriene" on YouTube. She has multiple different videos, including about four that are just designed for runners, including a pre-run (7 minutes) and a post-run (~15 minutes). They are excellent.

The great news is, no matter what you decide, after a while you will feel comfortable even customizing your own routines based on your body needs.

Sean McCormack is a certified USTAF coach and former men's and women's cross-country coach at Georgia Southern University.

UPCOMING EVENTS

JTC Running's Most Unique Event

THE GUANA TRAIL RUNS SUNDAY, DECEMBER 1, 2019

50k Ultra 8 AM, 2x25k Team 8 AM, 12k Trail Race 1 PM

In the beautiful Guana Tolomato Matanzas Reserve

Register now at 1stplacesports.com

JTC Running presents

TIJUANA FLATS SUMMER BEACH RUN SATURDAY, AUGUST 17, 2019

5-Mile 6 PM, 1-Mile for Kids 6:05 PM

Florida's Oldest Race

Enter now at JTCRunning.com

STROLLER RUNNING BIOMECHANICS

Bio: **Jeff T. Wight, PhD**

Assistant Professor of Kinesiology,
Jacksonville University

Director, JU Running Laboratory at 1st Place Sports

www.1stplacesports.com/runninglab

Member, First Place Sports Racing Team



I originally wrote this article five years ago for the “BOB Stroller Company”. Stroller running is one of my favorite sport and exercise biomechanics topics. Stroller running can be easy on the body, if you use strategic biomechanics. Stroller running can be pretty tough if you do not “take advantage” of the stroller. You can find the full article on the BOB health website: www.fitnesscenter.bobgear.com/fitnesscenter/learn-run-happy

I have run a BOB Duallie nearly every day for the past 4 years. On those runs, I have had countless people say something like, “Wow, that must be tough!” or “Go, Superdad!”. I always play along and give them a thankful smile. But the truth is that running a BOB Duallie with two kids feels easier on my legs than running without a stroller! Seriously, I love to use the stroller run as a “recovery run” on my “easy day” after big workouts and races! In this article, I will explain how this can be true. I will also present the stroller running technique I use which I have nicknamed the stroller cheat.

My work in sports biomechanics inspired me to develop the stroller cheat. It’s quite simple and easy to learn. I will present the 4 critical aspects of the technique. And you should know that the BOB Revolution PRO Duallie is perfectly designed for this technique, with its new adjustable handlebar (that will optimize the fit for any height runner). There is more good news: the handlebar is now equipped with a hand brake so you can easily control your pace on declines; this is especially helpful when running a fully loaded Duallie.



Lean forward slightly and take short, quick steps

Foot should land under the body (not out front)

Use the handlebar to “cushion your fall” (push down lightly)

Overview of the stroller cheat

1) Take a wide grip and push down slightly.

I present “handle bar biomechanics” first because the handle bar is what allows you to “cheat”. Here is how it works. Imagine you tripped while walking... To avoid slamming into the ground you would use your hands to “cushion your fall”. This is essentially what I do while running with a stroller. When my foot is landing, I push down on the handle bars, just a bit, to “cushion my fall”. Basically, I am able to use the stroller to land softly by “gradually lowering” myself to the ground instead of “smacking” into the ground. Examine the following photos that illustrate this technique.

You can see from the photos that this stroller cheat technique is quite subtle. This is why I am able to fool all the dog walkers and bikers! You just need to push down a little bit. Don’t push down hard—the last thing you want to do is “pop a wheelie”!

You must take a proper grip to pull off the stroller cheat. First, adjust the height of the handle bar—the bar should be just below your waist. If the bar is too high it will be difficult/impossible to push down. If the bar is too low it will be very awkward. Second, notice that my arms are kept in a “strong

STROLLER RUNNING BIOMECHANICS

position”—my grip is wide (shoulder width or more) and my arms are nearly straight (elbows flexed just a bit). This arm position prevents upper-body fatigue. If you stray from this arm position you will feel discomfort in your shoulders, triceps, etc.

2) Run with a high cadence (take short, quick steps)

When running a stroller, I strongly recommend that you take short, quick steps (see the previous articles I wrote about how to establish short, quick steps). This is the “second secret”. The short step makes it really easy to land softly. In contrast, long powerful steps greatly challenge your ability to land softly—most long striders “smack” into the ground with great force when they land. Long, powerful strides may be great for sprinting, but they will fatigue your legs quickly during long runs (and especially when pushing a stroller). When you push a stroller, try to keep your cadence (stride rate) at 90 steps per minute or more (each foot should hit the ground 90 times or more per minute). I typically run the stroller with a cadence of 100-105. This approach will make you breathe hard (because your feet and legs are moving quickly) but your leg muscles won’t “burn” (because you don’t have to “push” very hard to take a short step).

3) Lean forward slightly

Notice in the following picture that I am leaning forward slightly.

This technique works great for two reasons. First, it naturally positions your upper body over the handle bar (so it is easy to push down on the handle bar). Second, when you lean forward it naturally forces your feet to land directly below your body. This promotes great biomechanics. When your foot lands below your body, your leg is in a strong and safe position to bear your weight. When you land in this position you can begin to push yourself forward immediately; there is no “braking phase”. This is efficient.



**Use the handlebar to “cushion your fall”.
Push down lightly when your foot lands.**

In contrast, if you keep your torso upright, your feet will land out in front of your body, instead of below your body. The biomechanics are very different when the foot lands out in front of the body. Typically, the heel “smacks” into the ground. Then, the runner gradually “rolls” onto the foot. The runner is not able to “push forward” until the foot is flat and below the body! This style of running is inefficient and it promotes big “braking forces” that can place dangerously high loads on your joints and muscles. Try to stick with short, efficient strides, especially when pushing a stroller.

4) Do not swing arms (use a subtle torso rotation)

I see a lot of stroller runners running with only “one hand” on the handle bar. This is problematic for three reasons. First, this is obviously dangerous—you are not able to easily steer or apply the hand brake! Second, the biomechanics are “asymmetric”—the right and left side of your body are loaded differently. This could lead to imbalances or injury. Third, you are not able to push down on the handlebar (and cheat!).

Forget the traditional arm swing! When stroller running, all you need is a subtle torso rotation.

STROLLER RUNNING BIOMECHANICS



A subtle torso rotation is optimal.

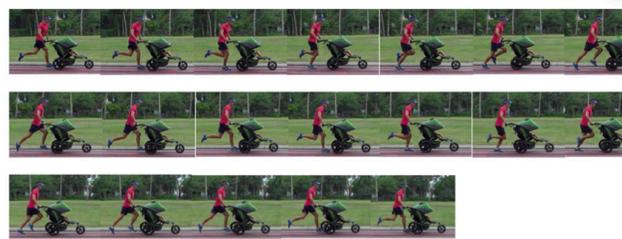
The subtle torso rotation is simple and effective. Simple is good in running; it's easy to establish and maintain a nice rhythm when your mechanics are simple. The torso rotation is also great because it requires minimal energy—this contributes to the “cheating” concept.

Conclusions

The stroller cheat has worked great for me. I have remained injury-free for the past 4 years, despite completing a stroller run nearly every day and

maintaining high overall mileage. This past year I ran 50-75 miles per week (about half my miles were completed with the stroller). I was able to compete in 20+ races without “breaking down”. I attribute much of my health and success to the stroller cheat. It is easy on my legs (because I can land softly) yet it greatly challenges my “physiology” and forces me to breathe hard (because I am pushing a load).

In closing, the stroller cheat feels good and it is effective—I can run the stroller relatively close to my 5k pace (about 20 seconds per mile slower). The following pictures demonstrate the stroller cheat at about a 5:30 mile pace.



FORM DRILLS - LONGER STRIDE, FASTER TIMES

Running sage, Bob Fernee, once wrote that running pace is directly related to turn-over rate and stride length. How true! However, studies show that there is minimal difference between the turn-over rate of 2:20 marathoners compared to 3:20 marathoners but there is a big difference in stride length. Therefore, if you can increase stride length while maintaining the same turn-over rate, without overstriding, you can dramatically improve your race times.

One way to increase stride length is to include form drills to your warmup routine. Ideally, these are done after a short warmup jog and stretching, prior to your workout. These drills break down each part of the stride and emphasize knee lift, reach, follow through, and heel lift.

I prefer to begin with a simple ‘marching drill’ where you march 50 meters down a straight emphasizing high knees and good posture. Thighs should come up parallel to the ground. Turn around and repeat 50 meters back.

Now you can go to a ‘high knees, fast tempo drill’ in which you strive for as many fast steps as you can in 50 meters. Imagine you are running on hot coals! Go 50 meters, turn, repeat back.

Next is the ‘skip drill.’ Emphasize high knees with a skip on the down leg. Go 50 meters really emphasizing height. Repeat 50 meters back concentrating on length rather than height.

Next is the ‘bounding drill’ in which you exaggerate your stride, landing mid-foot and springing off. Think

FORM DRILLS - LONGER STRIDE, FASTER TIMES

like a gazelle! Go 50 meters, turn and repeat.

To work on, and improve, stride reach, the next drill involves stepping forward then kicking the leg straight out, so the leg is parallel to the ground. Step, then repeat with the other leg. Continue for 50 meters, turn and repeat at a little faster tempo.

The final drill emphasizes rear heel lift and is simply the 'butt kick drill.' This is often done with hands on hips. As you go down the track you are attempting to kick your butt with the back of your heel. Go 50 meters, turn, and repeat on the way back.

If you have never done form drills, you may be a little sore the next day since you have forced your legs to go through a range of motion you are not accustomed to. But it will pay off in the long run. I suggest you do these three or four times a week and soon you will discover a longer stride and faster race times. Happy running!

Editor's note: Nice of Rodney to refer to me as a "running sage" but I am far from that. I don't remember ever saying the quote above, but it was a long time ago. One tends to say silly things when one is young and then when one is old one says even sillier things. I thank Rodney for his over-the-top praise and for this article also. I may not know what I'm talking about but as former coach of both Bolles and Stanton high schools, he does. His advice is worth taking.

WIDE WORLD OF RUNNING

The Purity of Track and Field

Sixty years have passed since my first track practice and my first track meet. Years earlier, laps around the school yard or a sprint to the drinking fountain tuned us all. My love for the sport continues, unabated. Its most endearing quality is the sport's purity.

Running and jumping and throwing are simple activities. Except for pole vaulting, the athlete needs very little: A course to follow, a rock to throw, a hedge to hurdle.

Track can be indulged solo. Just you and an oval or a path into the woods.

There is no wrong way to run. Left, right, left, right. Or right, left, right, left.

There is no need to breathe a certain way--faster pace forces faster ventilation.

Your stride can be short or long; it's up to you to discover how best to move. But don't think about it too much.

Humans, like every other animal, evolved to this point in earth's history because our DNA is up to the task. No one teaches a wolf or a deer to run and they do OK.

One can run nude, but our society prefers you don at least shorts and maybe a shirt.

Shoes are useful for traversing rough or hard terrain, but many runners cover substantial mileage in dime-store slip-ons.

You can compete or you can run for fun.

You can leave your timing device at home and run for the sheer joy of thrusting your body through Nature.

Should you decide to become an athlete (pushing yourself to improve), running--and its athletics cousins--are easy to measure. A watch and an accurate course are all you need.

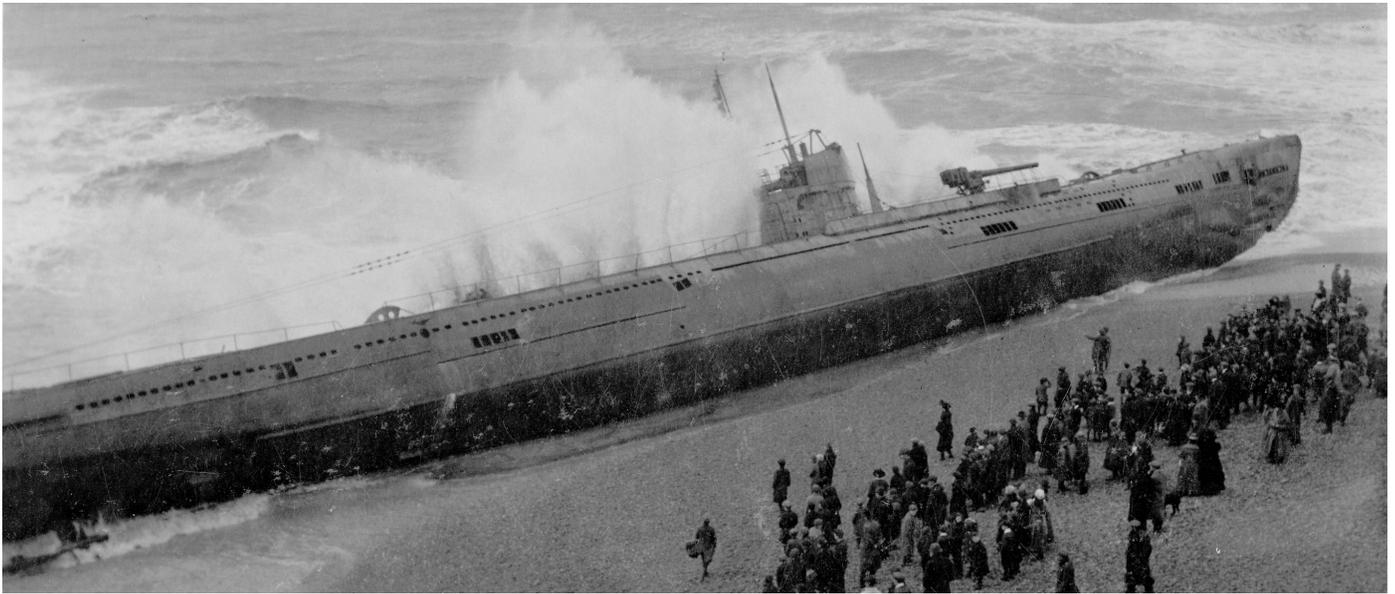
Want to race? NOW we are beyond fitness. You have decided to spend some money, reveal your name, and share the track or trail or road with friends and strangers.

And yet, the purity of the sport is obvious. Aside from a start and finish line, the runner is not beholden to officials, whistles, time-outs, or other runners, generally. It is still you and your body, exploring the distance and the speed, expressing your abilities.

You run, you pant, you stop, you recover. There is no need for cheering; no need for a medal.

By choosing to run, you simply say, I AM.

SORRY, HITLER, THIS BEACH IS OURS



There was great fanfare, emotion and memories. They even got Donald Trump to leave the golf course and come to France for the occasion. It was the 75th anniversary of D-Day, the invasion of Normandy, June 6, 1944. We all know of the carnage that occurred, especially at Omaha Beach.

With no fanfare whatsoever and without a speck of emotion, there was a sort of reverse D-Day commemoration on June 7, 2019. Far less known, is the moment of June 16, 1942, when four German spies left Nazi U-boat submarine U-584 and snuck onto Ponte Vedra Beach, Florida. It would be only the second time during World War II when the United States had enemy soldiers on its soil. And it happened right where we were running!

Jay Birmingham, Rodney Smith and yours truly decided to do a grueling five-mile training “run” on the beach from The Reef restaurant. Unfortunately for the Nazis, The Reef wasn’t even open for sauerkraut back in 1942. In fact, nothing was there at all and that is exactly why they chose that location. Hitler had his eye on Florida’s beaches for a while, and not to try out his new swim fins either.

The three of us have been getting together once a week to help ourselves through our “training.” We are attempting to reignite our long-gone athleticism

and to discover new training venues. This time we uncovered history.

The navy had only a handful of ships and planes to patrol and defend the coastline from Maine to Texas. During the first seven months of 1942, Nazi U-boats sank almost 400 vessels off the U.S. coast, including 35 ships off Florida. The year 1942 was not exactly springtime for Hitler and Germany. His invasion of Britain went so badly that he dumped the plan and decided to attack the Soviet Union instead, an even worse idea. In December 1941, his axis pals the Japanese attacked Pearl Harbor, and in 1942 the United States was fully involved in the war. Now Hitler had a new, huge, formidable enemy. Of course, there was a lot of war left, and the destruction and loss of life continued.

On April 10, 1942, German submarine U-123 torpedoed the tanker Gulfamerica off Jacksonville Beach. The ship and 19 crew members were lost. The explosion and resulting conflagration brought everyone to the beach. They watched in shock and horror as the U-boat surfaced and opened fire with its deck gun on the burning ship.

There were other U-boat sightings around Florida and in July 1943 a military blimp was shot down in the Florida Keys.

SORRY, HITLER, THIS BEACH IS OURS

The four saboteurs who landed on Ponte Vedra Beach arrived with US currency and explosives. The explosives they buried beneath our white beach sand. They took a bus to Jacksonville and from there departed on trains to Chicago and Cincinnati. (Wow, our public transport was better back then than it is today.)

Four days earlier, on June 12, four other German operatives landed on Long Island, New York. They too carried cash and explosives. Not long after landing, however, they were discovered by an unarmed Coast Guardsman. He reported the suspicious-looking men to the FBI and an all-out manhunt ensued. They were not found, but their explosives, also buried, were uncovered. They ditched their military uniforms for civilian clothes and took a hotel room in New York City. From there they intended to rendezvous with their compatriots and cause havoc by destroying infrastructure, bridges, train stations, water facilities, factories and anything associated to the war effort.

The eight men were very well trained and hand-picked. All had lived in the U.S., been given background stories, read American newspapers and magazines. They were convincingly American, two were even U.S. citizens. The day they decided for their regrouping meeting was the 4th of July. It never took place. One of the men waiting in NYC, George Dasch, said to another, Ernest Burger, that he had no intention to carry out the mission. Instead, he planned to inform the FBI. Burger replied that he was wanting to do likewise. Both decided to immediately defect to the U.S.

Once Dasch went to the FBI, by June 27 all eight were apprehended. The men were tried by a secret military tribunal and all eight were found guilty and sentenced to death. Because they turned themselves in, President Franklin Roosevelt commuted Dasch's sentence to 30 years in prison. Ernest Burger was given a life sentence.

In Washington DC, the other six saboteurs were executed in the electric chair, including all four of the Ponte Vedra Beach invaders.

In 1948, President Harry Truman granted executive clemency to Dasch and Burger. They were deported to the American Zone in occupied West Germany.

Now, 77 years after the sneaky, Nazi spy invasion of Ponte Vedra Beach the three of us were jogging blissfully and peacefully on the same sand as those hapless bad guys. I wonder what made two of them want to turn themselves in and scuttle their devious plan? Maybe when they found out how nice PVB is they wanted to move in? Perhaps they said, "We never even went to St. Augustine. I hear it's cute and full of great restaurants. It must be nice; Charlie Powell lives there!" (Charlie wasn't even a twinkle in his father's eye back then, but I'll admit, it is hard to imagine a world without Charlie Powell.)

To be honest, it all happened by accident. We don't commemorate Nazi stuff, no way, no how. I just happened to think of it the day before our run and like a true cub reporter I am always trying to create another story. Too bad Hitler, this beach is ours.

But when you are running in our Tijuana Flats Summer Beach Run on August 17 keep an eye out for U-boats. Or whatever the North Korean equivalent is. Afterall, that chubby, little guy with the horrible haircut just might be up to something. (Sorry, I know I shouldn't say that, he is one of Donald Trump's best friends.)

DO I REALLY NEED TO STRENGTHEN MY HIPS?

Bio: **Mark Baughman DPT, ATC, OCS**
Coltman and Baughman Physical Therapy
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Jacksonville Beach, FL 32250
(904) 853-5106

By now almost every runner knows that they need to strengthen their hips. However, even though just about every runner knows this, it has not translated into everyone doing it. My goal for writing this article is to present a compelling case on the “why” to do it and to hopefully encourage more runners to do it preventatively.

Before I give you the good news, I am compelled to give you the bad news. The bad news is this: 50% of runners sustain at least one running injury during any given year of training. By far, the most common body part injured in runners is the knee. Of all the injuries sustained to the knee, the two most common are patella-femoral pain syndrome followed by IT band syndrome.

If you have ever had either of those conditions, you know how painful and annoying it can be to deal with, and how frustrating it is to lose the fitness that took months of hard work to create.

Now for the good news: There is a lot of science on how to deal with these two problems. Here is the even better news: Some of the strongest research for these two conditions has a common way to resolve them. It is strengthening a muscle in your outer hips, the gluteus medius.

Bear with me as I nerd-out for a moment and share just a couple details about these studies to hopefully convince you to begin a good hip strengthening program.

In 2008, a study was done to examine the relationship between hip strength and hip movement during prolonged running with runners

that had patello-femoral pain syndrome (PFPS) compared to those who did not. The group who had PFPS displayed weaker outer hip strength at both the beginning and end of the run compared to the uninjured group. The group with the weaker hips also showed a difference in their running mechanics.

Another study in 2000 looked at long-distance runners with IT Band Syndrome (ITBS). It found that runners with ITBS have weaker outer hip strength in the affected leg compared with their unaffected leg and compared to uninjured long-distance runners. Here is the really good news from that study: They found that symptoms improved with a successful return to the preinjury training program and paralleled the improvement in hip abductor strength.

These are not isolated studies, there are other studies that have similar and supportive findings. This idea of runners needing good outer hip strength is not based on opinion or fad, it is based on good science. When runners are injured, they tend to gravitate to the newest fad or take advice from just about anybody. I am pleading with runners, through this article, to listen to the science and do the hard and boring work of strengthening your hips. If you don't do it now, you will do it later when you see me for an injury!

¹Dierks, Tracy A., et al. "Proximal and distal influences on hip and knee kinematics in runners with patellofemoral pain during a prolonged run." *Journal of Orthopedic & Sports Physical Therapy* 38.8 (2008): 448-456.

²Fredericson, Michael, et al. "Hip abductor weakness in distance runners with iliotibial band syndrome." *Clinical Journal of Sport Medicine* 10.3 (2000): 169-175

WIDE WORLD OF RUNNING

Track and Field's Babe

My coaching colleague and friend, Dave O'Sullivan, was showing me his new neighborhood, having just transplanted his family to Tampa from Orange Park. We'd just circled Lake Carroll, a tidy 5-miler, then he showed me a nearby golf links, the Babe Zaharias Golf Course.

"You know who that was?" I queried.

"Have no idea," was the youngster's response (Coach O is 15 years my junior).

I told him that Babe Zaharias (nee Didrickson) was the finest athlete of her generation, not only an Olympic track and field champion, but the premier golfer of post-World War II.

That's all I had for him. It was a nice public golf course without fences, snaking among several blocks of old homes, ideally suited for off-road running in the wee hours before he heads to Tampa Jesuit to teach calculus.

Who is this "Babe?" I came home and did some research.

Mildred Ella Didrickson was born in Port Arthur, Texas in 1911, the sixth of seven children of Ole and Hannah who had immigrated from Norway. She was called Bebe by her mom, but she said teammates dubbed her "Babe" after she hit five home runs in a single game of baseball.

Babe Didrickson played basketball for a company team in Dallas, Employer's Casualty Insurance, and led them to the AAU national championship in 1931. Her company entered Babe in the 1932 AAU National track and field championships where she won six of the eight events, winning the team title.

The 1932 Olympic Games were held in Los Angeles and Babe Didrickson was the women's star. She captured the 80-meter hurdles gold medal in world record time (11.7 seconds), won gold in the javelin throw with a toss of 43.69 meters (143 feet), and tied for first in the high jump with a world record 1.657 meters (5'5") but was dropped to the silver medal position; her Western Roll technique was deemed illegal as her head cleared the crossbar first. Within a year, that rule was changed. Now, virtually all high jumpers lead head-first.

To this day, Babe Didrickson is the only Olympic track and field athlete to win individual medals in a running, a

throwing, and a jumping event.

She took up golf and quickly made her mark, becoming America's first female golf celebrity. She married pro wrestler George Zaharias in 1939. She competed in four PGA golf tournaments (the sole female) and made the cut twice. Amateur golf was the top stage for women in the 1940s, so she earned her amateur status back. She won US and British Amateur Open tournaments and turned pro in 1947, winning 10 majors and a total of 82 golf tournaments.

Among the other feats of this amazing athlete: she pitched one inning in a major league spring training game for the Philadelphia Athletics, walking one and giving up no hits to the Brooklyn Dodgers. She pitched for the St. Louis Cardinals a few days later. Three days after that, she pitched two scoreless innings against the Cleveland Indians. She lined out in her only plate appearance.

She is still recognized as the world record holder for the farthest baseball throw by a woman.

Babe Zaharias battled colon cancer from 1953 until her death in 1956. She was 45.

The golf course in Tampa was purchased by Babe and George Zaharias in 1951 where they settled. The course was awarded Landmark status.

The Associated Press voted Zaharias the Woman Athlete of the 20th Century in 1999 and Sports Illustrated named her second behind Jackie Joyner-Kersey. She is in the World Golf Hall of Fame. ESPN ranked Babe #10 (first woman) on their list of the top 50 athletes of the Twentieth Century.

Although some writers criticized her lack of femininity, renowned sports writer Grantland Rice wrote:

"She is beyond all belief until you see her perform. Then you finally understand that you are looking at the most flawless section of muscle harmony, of complete mental and physical coordination, the world of sport has ever seen."

You can bet I will run on the Babe Zaharias Golf Course when I visit Dave in Tampa--it is well and good to absorb the Spirit of the Great Ones whenever one can.

TIME TESTED ADAGE BEATS BOGUS TIMES

“Cheaters never win.” We’ve known that phrase all our lives. More than likely, you first heard from your mother, or father. They told you that you can’t win that way so don’t do it. They were right, of course, but some people never get the message. A 70-year-old retired physician in California just learned the hard way. He is now dead. Dead from shame, I suspect.

Last March, Frank Mesa “finished” the Los Angeles Marathon in a record time for a man in his age group. His time of 2 hours, 53 minutes and 10 seconds smashed the previous record of 4:10:07 by a long shot. A 77-minute improvement, including a bathroom break, by a 70-year-old man is more than remarkable. The closest competitor in his 70-74 age group was two hours behind. His finish was so doggone fast that, naturally, it raised eyebrows – and suspicions. In addition to that, it wasn’t his first time.

In the 2014 California International Marathon his finish time of 2:52 was thrown out due to what race officials referred to as “unusually fast split times in the final miles.” Two years later in the same marathon it was the same thing and the same decision. He was subsequently forever banned from the race.

Mesa admitted leaving the race during the LA Marathon in order to use one of the portable toilets. Hmm, I never knew a bowel movement could be so fortuitous. Video evidence verified this, but also showed he reentered the course at a different place. Maybe he just got lost? No, said race officials, and his time and “finish” were erased from the history books.

A longtime runner, Meza was a doctor, a former high school and college coach and a leader in the Aztlan Track Club. An unlikely cheater, one would think. What would make him do it?

He went for a run on Thursday morning, July 4th.

Police were called when motorists reported a possible jumper from one of the river’s bridges. His body was found lying in shallow water. Doctors did not believe he drowned. On July 8, the LA coroner’s office determined that he died of blunt trauma wounds.

Meza’s wife said that the reports of his cheating were “all manufactured lies,” but Meza’s times got faster as he got older. “I got better because I started running twice what I used to. I just increased my mileage,” he claimed.

Meza had been suspected for years by sleuth Derek Murphy and his website, marathoninvestigation.com. The Cincinnati-based financial analyst goes through marathon results with a fine-toothed comb, looking for suspicious finishes. Usually Murphy receives accolades for his dedicated hard work in keeping the sport clean. He wants cheaters out. Since Meza’s death he has endured criticism like never before. One person even saying that Murphy has “blood on his hands.”

Affected by what has happened, Murphy said: “I can’t even think about doing another article at this point. I need to take a step back.”

We have often run down this street before. Most modern-day cheaters pick drugs as their favorite tool, but course-cutting never seems to go out of style even in this age of closed-circuit cameras recording almost our every move, and chip timing accurately catching our times, and electronic mats along a race course to detect whether or not we passed by. So how do cheaters expect to get away with it? Frankly, it beats me. And most of the time, it beats them too.

What makes it worth it? Surely Meza knew he didn’t run a 2:53 marathon. What possible enjoyment could he get out of his bogus time? Even if he hadn’t been found out, did he really believe he could walk amongst other runners and claim a sub-

TIME TESTED ADAGE BEATS BOGUS TIMES

three-hour marathon? This is like me telling people I ran a sub-30-minute 10k. Who is going to swallow that?

The truth gets them in the end, and it is their undoing. An undoing of their own making. Shame is a silent, unrelenting hunter. Just ask Judas, he

found a tree. Meza found a bridge. There is a moral to this story: Be content with your genuine, humble, personal achievements, whatever they may be. Why? Because cheaters never win.

WIDE WORLD OF RUNNING

MINIMUMS

I've been blessed with excellent health, I imagine it is Mother Nature's compensation to offset my lack of athleticism.

Since boyhood, I've marveled at the hand-eye coordination, the speed, and the natural strength of many of my classmates and friends. Oh, how I tried to equal them! I threw baseballs against the barn, shot basketballs for hours, punted a football until my foot was purple and swollen--all to no avail.

My sole talent, it turns out, is persistence. Well, it's not a talent, since anyone can do it. It is a willingness to be a mini-athlete by consistently doing a few simple things. I've convinced myself that is the reason for my robust health.

When folks ask how much you train, you can summarize, "I run at least 1,000 miles a year!" You may adjust that upwards if you keep a running diary, but just 3 miles a day, every day, garners you a thousand miles (with 95 miles to spare).

Ten pushups a day, every day, and you've worked your pectorals, deltoids, and triceps 3,650 repetitions more than zero. That ain't nothin', baby.

How about adding 20 sit-ups? Every day. That's 7,300 contractions of your abdominals and hip flexors in a year's time. Can't be bad for you, right?

Pullups are a toughie. I've got one of those doorway bars leading into my library/den. Overhand grip=pullup; Underhand grip=chinup; I don't know what that perpendicular grip is called--I call it a peg-board grip. One each, total of three, every day, every year. That is more than 1,000 pulls of my bodyweight off the ground. It strengthens back and arm muscles.

Could you benefit from setting (and doing) some Minimums for yourself?

I believe it could be so.



UPCOMING EVENTS

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50k Ultra 8 AM, 2x25k Team 8 AM, 12k Trail Race 1 PM

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5-Mile 6 PM, 1-Mile for Kids 6:05 PM

Florida's Oldest Race

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Meet Coach Jennifer DeSantis and A Lot of New Friends

1st Place Sports store, 2018 San Marco Blvd. 32207

Join at the event or online

www.jtc.wildapricot.org/event-3472989

Don't Miss It

TIJUANA FLATS SUMMER BEACH RUN KICK OFF PARTY MONDAY, AUGUST 5, 6 PM

Lakewood Shopping Center,

5635 San Jose Blvd at University Blvd W, 32207

Discounted Food | Enter the SBR While There!



The Fall 2019 Half Marathon Class is a 12-week program preparing individuals to participate in a half marathon this fall. The class starts on Wednesday, September 4, 2019 at 1st Place Sports, San Marco Store (2018 San Marco Blvd) at 6:15 PM (come prepared for a short run that evening).

Cost is just \$45 for members who have done a previous class,
\$65 for non-members includes one year membership.

Full details and registration are at jwww.jtc.wildapricot.org/event-3472989

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Designer: Amanda Mason

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Weekly Training Runs

Sunday 6:30 am, Mandarin: Various locations and distance. See Facebook page at www.facebook.com/pg/JaxSundayRun/posts/ NO Facebook account necessary

Sunday 6:30 am, Atlantic Beach: Atlantic Bl. & 1st Street. 5-10 miles. Contact: Linda White (C) 662-4928 whitelindab@bellsouth.net

Sunday 6:30 am, Orange Park: IHOP, Blanding Bl. 6-20 miles. Contact: John 264-8024 john.powers@floridapowertrain.com

Sunday 8:00 am, Jax Trails Group Run: visit Jax Group Trail Running on Facebook

Monday 5:00 pm, Bridges Run: River City Brewing Co. 2-6 miles. Acosta & Main St. Bridges. Contact: Bill Krause billkrause615@gmail.com 904-860-9189

Tuesday 5:45 am, San Marco: Southside Methodist Church 5-6 miles. 7-8:30 pace. Contact: JC Pinto, 655-1044

Tuesday 6:00 pm, Baymeadows: 1st Place Sports, Baymeadows Rd. 3-6 miles. All abilities, 731-3676

Wednesday 5:30 am, Bolles School: Track Interval Training, (JTC Running Members) Contact: Paul Smith, smithfccj@hotmail.com, 982-3730

Wednesday 5:30 pm, Bolles School: Track Interval Training (JTC Running Members) Contact: Paul Smith, smithfccj@hotmail.com, 982-3730

Wednesday 6:30 pm, Jax Beach: 1st Place Sports various runs designed to improve your running. Contact: Simon 270-2221

Wednesday 6:30 pm, San Marco: 1st Place Sports/ Aardwolf Brewery, 4 miles, includes bridges. Contact: 399-8880

Thursday 6:00 pm, Tapestry Park: 1st Place Sports, Bottlenose Brewing, 3-6 miles. Contact: 620-9991

Thursday 6:30 pm, Springfield: Hyperion Brewery, 3-4 miles Contact: Bill Dunn, wmdunn222@gmail.com

Friday 5:40 am, Mandarin: Beauclerc, Forest Circle, 7.5 miles. Contact: Paul Smith, smithfccj@hotmail.com, 982-3730

Disclaimer on Weekly Workout Sessions:

The Wednesday morning and afternoon sessions at the Bolles School are sanctioned by JTC Running and open only to registered members. Information on all other sessions is provided as a courtesy only. JTC Running does not sanction, manage, or insure these workouts.